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| Unit | Print off checklist from spolem | Check my notes are complete | Read textbook chapter  | Complete summary questions | Complete end of chapter questions | Complete past paper questions | Comment |
| 3.1.1 monomers and polymers |  |  |  |  |  |  |  |
| 3.1.2 carbohydrates |  |  |  |  |  |  |  |
| 3.1.3 lipids |  |  |  |  |  |  |  |
| 3.1.4 proteins |  |  |  |  |  |  |  |
| 3.1.5 nucleic acids |  |  |  |  |  |  |  |
| 3.1.6 ATP |  |  |  |  |  |  |  |
| 3.1.7 water |  |  |  |  |  |  |  |
| 3.1.8 inorganic ions |  |  |  |  |  |  |  |

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| 3.2.1 cell structure |  |  |  |  |  |  |  |
| 3.2.2 cell division |  |  |  |  |  |  |  |
| 3.2.3 transport across cell membranes |  |  |  |  |  |  |  |
| 3.2.4 cell recognition and immune system |  |  |  |  |  |  |  |
| 3.3.1 surface area to volume ratio |  |  |  |  |  |  |  |
| 3.3.2 gas exchange |  |  |  |  |  |  |  |
| 3.3.3 digestion and absorption |  |  |  |  |  |  |  |
| 3.3.4 mass transport |  |  |  |  |  |  |  |

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| 3.4.1 DNA |  |  |  |  |  |  |  |
| 3.4.2 protein synthesis |  |  |  |  |  |  |  |
| 3.4.3 diversity |  |  |  |  |  |  |  |
| 3.4.4. adaptation |  |  |  |  |  |  |  |
| 3.4.5 species |  |  |  |  |  |  |  |
| 3.4.6 biodiversity |  |  |  |  |  |  |  |
| 3.4.7 investigating diversity |  |  |  |  |  |  |  |